Name _____

Saint Ignatius Loyola

Saint Ignatius Loyola wrote *The Spiritual Exercises* to help people become more like Christ. One way to do this is by using our imaginations to read the Gospels. We might try to think about what we would do or say if we were part of the story.

Read the Gospel about Jesus calming the sea (Mark 4:35-41). Try to imagine being in the boat with the disciples. Then fill in your answers to the questions that follow.

'On that day, as evening drew on, he said to them, 'Let us cross to the other side.' Leaving the crowd, they took him with them in the boat just as he was. And other boats were with him. A violent squall came up and waves were breaking over the boat, so that it was already filling up. Jesus was in the stern, asleep on a cushion. They woke him and said to him, 'Teacher, do you not care that we are perishing?' He woke up, rebuked the wind, and said to the sea, 'Quiet! Be still!' The wind ceased and there was great calm. Then he asked them, 'Why are you terrified? Do you not yet have faith?' They were filled with great awe and said to one another, 'Who then is this whom even wind and sea obey?'"

Imagine yourself in this story…

How does it feel to be one of the people in the boat with Jesus? What do you talk to him about as the boat sets sail?

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How do you react to a storm that nearly sinks your boat? What do you think about Jesus sleeping through it all? Do you join the disciples in waking him up?

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How do feel when you see Jesus calming the winds and quieting the seas? How does this affect your faith? What will you tell your family and friends when you get to shore?

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Spend some quiet time talking to Jesus. Tell him about something in your life that is intimidating or discouraging. How can Jesus help you to find peace in this situation?

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